

McGuire

Serving Our
Nation's Heroes

Monthly



THIS ISSUE:

Holiday Activities

Morgan Moses Visits

Employees Honored

Veterans Day Event at McGuire

McGuire VA Medical Center hosted its annual Veterans Day program, Tuesday, Nov. 10, in the multipurpose room to honor the Veterans of past and present who stood to defend the country. The ceremony highlighted each branch of the military with its service song played by the Fort Lee Colonial Brass Quintet. During the service songs, active duty service members and Veterans stood to represent their service. Additionally, the Fort Lee Color Guard presented and retired the colors during the ceremony.

The keynote address speaker, Dr. E. Bruce Heilman, Chancellor of the University

I still carry the motto 'Honor, Courage and Commitment' from my Marine years.

of Richmond, relayed his extensive experiences in life as a young boy during the Great Depression, a Marine during World War II, and as a lifelong learner and educator at numerous learning institutions.

“During the Great Depression at the early age of 15, I slept in the tobacco barn with a 12-guage shotgun at my shoulder with the barrel pointed out of the hay toward the door awaiting any intruder coming to steal the tobacco, which produced much of the family income for the year,” Heilman said. “At age 17, I traded that shotgun for an M-1 rifle, which I carried onto the beach for combat at Okinawa at age 18.”

It was this commitment—or conscription rather—that consumed millions of

mostly college-age young men, explained Heilman, who is now 89. For four years, it was a fraternity unlike any other as part of the U.S. Marines.

“At age 20... I commanded troops 17, 18 and 19 years of age, and beyond, and experienced direct leadership responsibility, Heilman said.

“The intensity of my experience force fed me with responsibilities that added years of maturity in short months of learning. I still carry the motto ‘Honor, Courage and Commitment’ from my Marine years.” Heilman joined his fellow Marines immediately after the ceremony as the McGuire VAMC celebrated the 240th Marine Birthday. Ongoing with tradition, the youngest and oldest Marine Veterans in attendance were served the first two slices of cake. ♦



VIRGINIA MEDICAL CENTER DIRECTORS GATHER FOR GOVERNORS ANNOUNCEMENT

Veteran's Day activities in downtown Richmond provided an opportune moment for Veterans Affairs leadership to represent the VA during the annual ceremony at the Virginia War Memorial.

Leaders representing two of the three VA medical centers in Virginia gathered for the annual ceremony in which Gov. Terry McAuliffe announced the state had functionally ended Veteran homelessness with the help of state and federal institutions and community organizations.

"The Commonwealth (of Virginia), as you know, we have the fastest growing Veteran population in the nation," McAuliffe said during the ceremony. "We have the largest percentage of women Veterans, and the largest percentage of Veterans under the age

of 25. And, we have the largest number of wounded Veterans per capita in the United States of America. That is a tremendous honor, but with that honor comes tremendous responsibility."

Functional zero – as the term is often referred to – doesn't mean Veteran homelessness has ended, but rather an effective system is in place to identify homeless Veterans when they are in trouble and connect them with the essential services and resources they need.

Representing VA were Daniel F. Hoffman, Network Director of the VA Mid-Atlantic Health Care Network, John A Brandecker, Director at the McGuire VA Medical Center, and Michael H. Dunfee, Director at the Hampton VA Medical Center. ♦



HOLIDAY ACTIVITIES

Monday, December 14 — Marine Corps Toys for Tots & Holiday Ice Cream

Please donate a new toy by stopping by the Retail Store where the donation box will be located. The toy collection will conclude Friday, December 18, in order for the Marine Corps to pick up and distribute the toys to area children. Also, we hope you will drop by the cafeteria from 3:00 PM to 4:00 PM, for holiday ice cream.

Tuesday, December 15 — The 3rd Annual McGuire's Got Talent & Holiday Gift

You don't want to miss this event!

Please stop by your service to pick up your holiday gift to enjoy.

Wednesday, December 16 — Festive Holiday Sweater Day, Christmas Service, Hanover HS Band & Holiday Cake

Come and take a picture in front of the holiday banner in the mall area to participate in the Holiday Sweater contest.

A Christmas Service in the Chapel at 12:00 PM, everyone is invited to attend.

During lunch, enjoy the music of the Hanover High School Band throughout the medical center.

In the afternoon, join us for Holiday Cake in the cafeteria from 2:00 PM to 3:00 PM.

Thursday, December 17 — Complimentary Beverage

Please stop by the cafeteria for a complimentary beverage from 2:00 PM to 3:00 PM.

Friday, December 18 — Complimentary Coffee

A free complimentary coffee will be available from the cafeteria or Starbucks from 7:00 AM to 8:00 AM.

HAPPY HOLIDAYS!



MORGAN MOSES VISITS McGUIRE VAMC

On Nov. 9, Offensive Lineman, Morgan Moses of the Washington Redskins, visited McGuire VAMC's Spinal Cord Injury and Disorders Clinic and McGuire's Polytrauma Unit. For many of the Richmond locals and die-hard Redskins fans, Moses' visit had great significance. Not only was Moses a local high school football star and former University of Virginia Cavalier, he was also drafted by the Washington Redskins in 2014. Thus, his visit to McGuire was a homecoming of sorts. While on site, it was evident many staff and patients knew him personally and had watched his career over time. Moses was hailed as the hometown hero who didn't stray far from home.

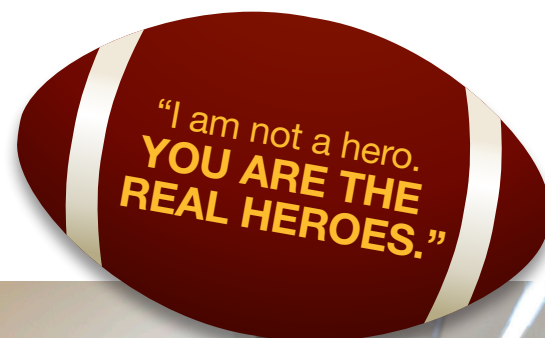
While on the units, Moses took the time to individually meet and greet Veterans and staff. He also signed autographs, posed for photos, and teased a Veteran who came to

the "meet and greet" wearing a Carolina Panthers hat. Moses is no stranger to the rehab setting. In 2014, his rookie season ended prematurely due to a Lisfranc injury to his left foot which required surgery. He spent all of the off season rehabbing. Thankfully, Moses recovered from what is typically a career ending injury. In recognition of his tenacity and steadfastness, the NFL and Redskins organization awarded him with the 2015 Ed Block Courage Award. This award is given annually to a player from each NFL team who has demonstrated extraordinary courage in the face of adversity. "I know what it means to go through rehab. I've been there," said Moses.

Standing at 6'6" and weighing 318lbs., Moses can easily command a room. However, as one spends time with him, it is quickly revealed he is a "gentle giant" who

is humble. While fans yelled his name and sang, "Hail to the Redskins," the team's fight song, Moses redirected the appreciation toward the Veterans he met. He paused and shared words of gratitude for the Veterans in the room. Moses expressed, "I can put on my jersey every Sunday and play football because of what you did. I am not a hero. You are the real heroes."

Moses stated he enjoyed his time at the medical center and promised to return during training camp next year with other Redskins in tow. ♦



Richmond VAMC Employees Recognized for EXCEPTIONAL CUSTOMER SERVICE

Each month the Department of Veterans Affairs Secretary, Deputy Secretary, and Chief of Staff receive emails and letters from Veterans highlighting exceptional customer service. Each month, VA Chief of Staff Robert L. Nabors II provides the names of those employees to everyone across VA. For October, the following Richmond VAMC employees were recognized:

Brian Burkhardt, Rehabilitation Engineer
Ricky Hawkins, Physical Therapist
Melissa Oliver, Occupational Therapist
Benjamin Salatin, Rehabilitation Engineer
Nicole Shuman, Recreation Therapist
Joseph Webster, MD
Patricia Young, Physical Therapist



"Thank you for your commitment to our institutional core values—Integrity, Commitment, Advocacy, Respect, and Excellence," Nabors wrote in the email to all VA staff. "These mission-critical ideals profoundly influence our day-to-day behavior, performance, and enhance the Veteran experience. Employees like you across the Nation are working to transform every day into Veterans Day."

Recently at McGuire

A special thanks to Congressman Bobby Scott, U.S. Representative for Virginia's 3rd congressional district for taking time on Veteran's Day to stop by and visit with Veterans and staff.



HEARTY AND HEALTHY MINESTRONE SOUP

YIELD:

12 servings

PREP: 15-25 mins

TOTAL TIME: 45-55 mins

COOK TIME: 30 mins

USED FOR:

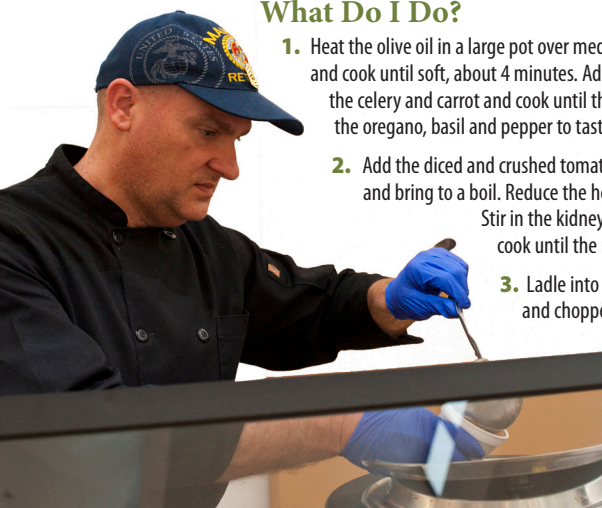
- Diabetic Diet
- Heart Healthy Diet
- Low Sodium Diet

What Do I Need?

- 2 tablespoons olive oil
- 1 large onion, diced
- 4 cloves garlic, minced, or 1 Tablespoon bottled minced garlic
- 2 stalks celery, diced
- 1 large carrot, diced
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- Freshly ground pepper
- One 28 -ounce can NO SALT ADDED diced tomatoes or 3 large fresh tomatoes, chopped
- One 14 -ounce can NO SALT ADDED crushed tomatoes or 2 large fresh tomatoes, finely diced
- 6 cups low sodium (140mg sodium per serving according to the Nutrition Facts label) chicken broth or vegetable broth
- One 15 -ounce can NO SALT ADDED kidney beans, drained and rinsed or 2 cups cooked dry kidney beans without added salt or meat
- One 16 ounce bag frozen mixed vegetables, thawed
- 1 cup dry elbow macaroni, uncooked
- 1/4 cup finely grated parmesan cheese
- 2 tablespoons chopped fresh basil or 1 tablespoon dried basil (optional)

What Do I Do?

1. Heat the olive oil in a large pot over medium-high heat. Add the onion and cook until soft, about 4 minutes. Add the garlic and cook 30 seconds more. Add the celery and carrot and cook until they begin to soften, about 5 minutes. Stir in the oregano, basil and pepper to taste; cook 3 more minutes.
2. Add the diced and crushed tomatoes and the chicken broth to the pot. Stir and bring to a boil. Reduce the heat to medium low and simmer 10 minutes. Stir in the kidney beans, mixed vegetables and macaroni and cook until the macaroni is tender, about 10 more minutes.
3. Ladle into 12 bowls and top each with the parmesan and chopped basil. Refrigerate leftovers within 2 hours.



Chef Thomas Millican serves a sample of minestrone

HOMELESS VETERANS STAND-DOWN



150
Veterans
participated

40
Service
Providers
Attended

50
Volunteers
Assisted

84%
of Veterans
attending rated
the event
EXCELLENT